The growing acceptance of Social Emotional Learning as a key support to student success has been responded to by state and local administrators in the implementation of SEL standards within the school system. However, the absence of networked organizations from which families receive SEL support has further complicated their access to tools and materials for home-based instruction and modeling of these formative skills.

This issue of Capture the Core shares specific ways teachers can support families in their capacity around Self-Awareness, Self-Management, Social Awareness and Relationship building, and Responsible Decision-Making.

Note that this not an exhaustive list of resources, however, these are a few activities for families to practice building developmentally appropriate skills.

**Tips and Activities were retrieved from:**

www.parenttoolkit.com

Resource to share

SEL Standards 9-10 & 11-12

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### Comprehensive System of Learning Supports

#### Teachers Supporting Families Supporting Social Emotional Development

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### Teachers Supporting Families Supporting Social Emotional Development

#### Formative Skills

- **Self-Awareness**
  - Ensure that your youth has another trusted adult to share their feelings. Supporting their regular exploration and expression of emotions develops self-awareness.

- **Self-Management**
  - Model what you’d like your pre-teen and teen to choose regarding phone usage, screen time, reading, positive friendships, and self-esteem.

- **Social Awareness**
  - Practice respectful assertiveness and share with your child(ren) the reasons behind your words.
  - Support self-developed and parent approved rules for social life.

- **Relationship Building**
  - Use resources to discuss the do’s and don’ts of relationships.
  - Discuss ways to handle jealousy and envy related to friendships.

- **Responsible Decision-Making**
  - Compliment your high-schooler’s decision-making and support his/her choices as much as possible.
  - Discuss and slowly release adult responsibilities with your teen, reviewing regularly on expectations and progress.

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### Parents’ Guide to Social Emotional Checklist (sample items)

<table>
<thead>
<tr>
<th>Self-Awareness</th>
<th>Social Emotional Checklist (sample items)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model good behavior.</td>
<td>Follow through on your promises.</td>
</tr>
<tr>
<td>Have meaningful conversations with your child.</td>
<td>Take a moment to reflect and breathe when you are stressed or overwhelmed.</td>
</tr>
</tbody>
</table>